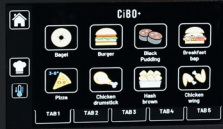




by **Lincat**

QUICK START GUIDE





WELCOME TO THE WORLD OF CIBO+!

We are confident that you will soon learn the advantages of **CIBO+** for yourself, however to help you get cooking, let us introduce **CIBO+** to you.



INTRODUCING TRI-HEAT TECHNOLOGY

Understanding the technology is a great start in learning how to use your **CiBO+**. A unique combination of three heat sources; **TurboAir** (convection), **ContactBase** and **Microwave** deliver fast, quality and consistent results.

TurboAir distributes high speed, convected air in a cylindrical pattern over the food, to deliver consistent colouration.

ContactBase is the temperature controlled neoceram glass base. Contact with the glass gives better base colouration, repeatability and crispiness as well as faster oven heat up.

Microwave technology adds speed to the cooking process.

WHAT CAN I COOK?

CiBO+ can cook all types of food, however the oven is fitted with a catalytic converter which can become blocked and ineffective if excessive amounts of fatty raw meat such as burgers and sausages are cooked. **CiBO+** works best for re-heating cooked meats.

We recommend you always cook on the Teflon sheet if you are cooking directly on the glass base.



HOW TO GET THE BEST FROM YOUR CiBO+

There are a few simple rules to help you get the best results.

- Never cook directly on the base always use a tray or Teflon sheet.
- Consistency in = consistency out. Foods need to be the same thickness and weights.
- Microwaves are poor at heating frozen products so allow the oven and base heat to thaw the product before heating the centre with microwave.
- Too much microwave is bad for bread products causing it to dry out and crumble.
- To maximise on efficiency and consistency, group together menu items which require similar temperatures. This will minimise the time the oven spends heating up/cooling down.
- To maximise efficiency and reduce heat/cool-down times group together recipes which require similar temperatures.
- Keep your oven clean with **CiBO+ Sparkle**, build-up of food deposits will increase cooking times.
- After cleaning your oven, apply **CiBO+ Protect**, this creates a barrier to minimise cleaning in the future.

SWITCHING ON YOUR CiBO+

1

Before the first use, spray the inside walls, base and door inner with **CiBO+ Protect**.

2

Plug the oven into a wall socket and turn on the socket.

3

Turn on the oven by touching and holding the **On/Off button**.

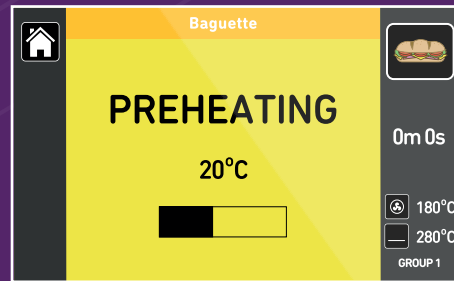
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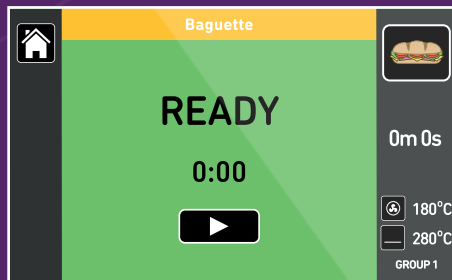
COOKING USING THE PRESET MENU ITEMS EXPLAINED



TOUCH MENU ITEM



OVEN WILL PREHEAT



PUT FOOD IN OVEN AND TOUCH PLAY



SCREEN WILL GO RED AND BEEP
WHEN COMPLETE.

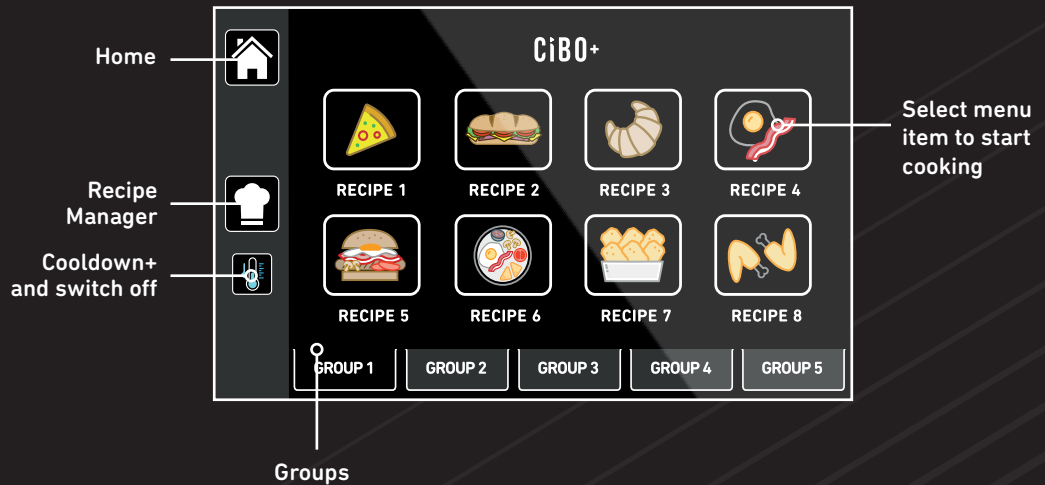


RECIPE GUIDELINES

It may be necessary to make some adjustments to the preset temperatures/times, as ingredients/food used will vary in size and thickness.

THE HOME SCREEN EXPLAINED

The concept behind operating the **CiBO+** touch screen is that you simply touch whatever you want to select/change.



GROUPS EXPLAINED

On the home screen you will find five recipe groups that you can name.

Each group of eight recipes within the group share the same oven and base temperature settings, changing the settings will change the whole group.

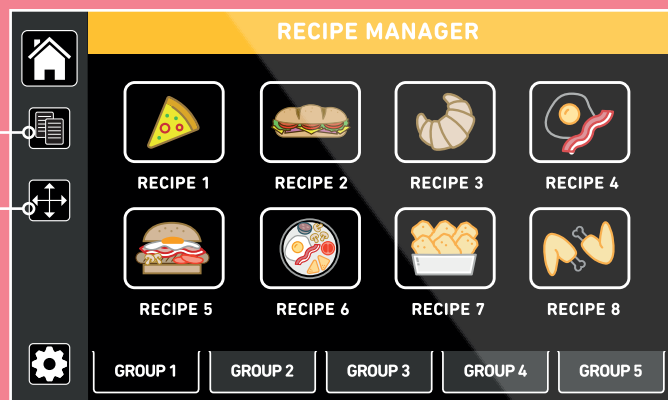


COPYING AND MOVING RECIPES EXPLAINED

Touch the Recipe Manager icon on the home screen to access the Recipe Manager.

COPY: Touch the copy button and select the menu item to copy. Then select the position to copy the item to, this can be in any group.

MOVE: Touch the move button and select the recipe to move. Move only works in the group you are working in.



RECIPE EDITING EXPLAINED

In Recipe Manager, touch the menu item setting you want to edit.

Touch the menu item name to edit

4 stages of cooking

	Microwave Power	Fan Power	Time
1	0%	10%	0:00
2	0%	10%	0:00
3	0%	10%	0:00
4	0%	10%	0:00

0m 0s

180°C Oven Temperature

280°C Base Temperature

GROUP 10 Group

HOW TO ADJUST THE PROGRAMMES FOR OPTIMAL RESULTS

In simple terms the oven temperature and fan speed control the outer colouration of the product and the microwave heats the centre.



IF THE PRODUCT IS TOO DARK

Reduce the time and / or oven fan speed



IF THE BASE IS TOO DARK

Reduce base heat temperature



IF THE PRODUCT IS TOO LIGHT

Increase the time and / or oven fan speed



IF THE PRODUCT CENTRE IS TOO COLD

Increase the microwave percentage



IF THE PRODUCT CENTRE IS TOO HOT

Reduce the microwave percentage





COOKWARE

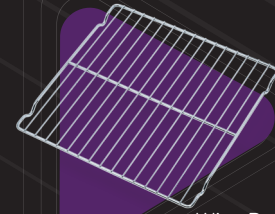
Designed for use in your **CiBO+** for perfect results



Paddle with handguard and sides **LT02**



CiBO+ Sparkle Oven Cleaner **OC01**
CiBO+ Protect Oven Shield **OS01**



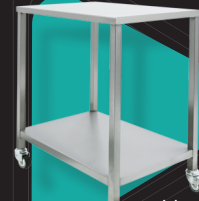
Wire Rack **SH136**



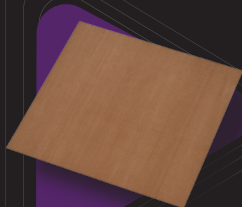
Non-stick Teflon Tray **CiBO/TT**



Non-stick Baking Tray **NSBT23**



Moveable Stacking Stand, with front lock castors **SK05**



Non-stick Teflon Sheets **TFS05**




Egg Tray **CiBO/ET**





Magnetic Paddle Hanger **LTH01**


QUICK CLEANING GUIDE


- 1** Open the door and press the Cooldown+ icon. Once cooldown is complete turn off oven.



- 2** Wear PPE. Place tea towel over open oven door, it could still be hot.



- 3** Apply CiBO+ Sparkle Oven Cleaner to base, top and sides of the oven cavity.



- 4** Spray onto a cloth and wipe inside door, door sides and seal.



- 5** Leave for 3 minutes



- 6** Wipe out oven cavity to remove dirt. Apply further spray if necessary.


- 7** Wipe out with a cloth and warm water.


- 8** Dry with paper towel and leave door open.


- 9** Spray with CiBO+ Protect Oven Shield.


- 10** Remove filter below door and rinse alternatively put through dishwasher.



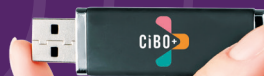


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UPDATING YOUR **CiBO+!**

You can use a USB stick to:

- Backup recipes
- Load / Restore recipes
- Save / Load settings to clone the oven parameters to a new oven
- Update the display and control software



Please email
sales@lincat.co.uk
for your recipe book



lincat.co.uk